FACES DEATH IN TRENCH TO GET STORY OF BATTLE

Daredevil Newspaper Correspondent Describes Night of Terror as Shells Rain.

STENCH OF DEATH HORRIBLE

Heaps of Unburied Dead Between the Trenches—Men Worn From Constant Exposure to Fire Become Nerveless—"Ducks" a Shrapnel.

London.—There has just reached London a story sent from the front by the first man in the present war who actually has been with the British expeditionary forces during the fighting.

In order that his story may be permitted to reach America, and in conformity with the rules carefully explained to correspondents by Sir Stanley Buckmaster, great care has been exercised to leave out all names of villages, towns, generals, army units and movements.

The correspondent writes:

"I have just spent the night in an English trench on the River Aisne and I have seen 90 men turn the attack of a thousand Germans into a rout. As the Germans turned and fled for cover from which they had advanced, English machine guns also turned loose on them from one side and made the German casualties not less than a hundred, as could be seen next morning.

"There were over fifty more bodies between the trenches than there had been the night before, and many of the less seriously wounded had undoubtedly got away.

Stench of Dead Horrible.

"It was a night of horror, made almost unbearable by the stench of dead men between the trenches that had not been buried.

"In the morning a haystack to which many had crawled for shelter caught fire from a shell and their bodies were burnt.

"One man who had been wounded in the stomach and had fallen into a swoon from weakness was roused by the heat and walked back to his own trenches. He was almost starved, but nearly well. Going without food and water had saved his life and his wound had healed. Not a shot was fired at him as he returned to his lines.

Heavy Cost in Lives.

"This is merely one of dozens of similar attacks which took place almost nightly at many points along the whole English line of 20 miles. On the Aisne they have continued for a month and during that time the English lost very little ground, though the cost in lives was over ten thousand. As the Germans were usually the aggressors their losses must have been forty and fifty thousand and may have been more.

"The English loss in one night attack I witnessed was one dead and five wounded. The five were wounded by rifle fire and one man killed was almost blown to pieces by the explosion of a shell, what the English soldiers call a 'coal box' on account of the black smoke it sends up.

Scene Laid Near Soissons.

"The trench I was in is about four miles north of the Aisne, east of Soissons. It had been gained a month previously at a great cost and was being held only by splendid and continuous acts of courage.

"The Germans were intrenched less than a hundred yards away and had plenty of cover behind them, while the English had only saved themselves from annihilation by digging themselves in. They were holding a steep upward slope with their rifle trenches near the top of the steepest part. The ground that lay between them and the Germans sloped more gradually, but gave the Germans the advantage of impetus in charging the trenches.

Finally Gets Into Trenches.

"It was only by a series of accidental circumstances that I was able to get so close. For two weeks I had been trying to get into the firing line without getting closer than within four or five miles of it.

"During this period I had frequently been under cannon fire and watched both French and English gunners at work, but had not been able to slip up close enough to see the men in the trenches. This time I tried a part of the line not previously attempted. The nearer I got to the actual battle the less difficulty I seemed to encounter. Finally, turning off a narrow lane, I was allowed to cut across an open field to what looked in the distance like a rabbit warren. It proved to be one of the dugout shelters with which the English soldiers have protected themselves.

"There was something almost quaint about the spectacle as I approached it. It was late afternoon and quite still. Even the cannonading had ceased. I walked across the field without even drawing a rifle shot. If I had known I was within two hundred yards of the German outposts I would not have ventured there, of course, but the Germans evidently did not shoot at me because I was in civilian's clothes.

Village Below All Quiet.

"Just below me was a little hamlet beside the line of the water course and there were even children playing in the street. On that account I did not suppose I was anywhere near the line. I noticed there was hardly a roof intact in the village and that two buildings, one a stable, had been blown to pieces. But I had seen so many towns in that condition it did not mean anything particular to me.

"When I had crossed the field soldiers lying there in the little dugouts in uneven rows greeted me without any show of interest until I spoke to them. Then some seemed mildly surprised that I spoke English. It was not until afterward that I knew that these men had been so worn out by being constantly under fire that their nerves no longer responded.

"In one of the trenches I found lying a lieutenant, smoking a cigarette and reading an illustrated London weekly. He invited me in and asked me what I was doing there. I regret to say I had to tell him a lie, because I knew how stringent the rules were against correspondents. I fancy he knew I was lying, but let it go at that.

He "Ducks" Shrapnel.

"In a few minutes a shrapnel shell whistled over my head. It sounded so close I unconsciously ducked my head, but the lieutenant did not, and a few men I could see from where I was sitting did not either. Some of them were asleep and did not even stir.

"I came to see the night attack because I talked to the lieutenant until it was dark and then it was too late to travel. I was too likely to be shot by an English sentry, so he agreed I had better spend the night in his dugout, and did not seem to think much about it.

"Shortly after this, when the men had been well fed with some bully beef, jam and coffee, they relieved the men in the trenches. This they did by advancing under the shelter of a small grove out of which their trench ran about eighty yards in an uneven line. It was a commodious trench and the men pushed along to the end without being exposed. I told the lieutenant I would feel safer in the woods, and he finally let me go into the trench itself.

Talks to Men Under Fire.

"The lieutenant kept near the men, talking assuringly. When the fight actually commenced he exposed half his body a number of times, for the moral effect, I think. It was nearly two hours later, a little after nine, when the engagement took place. By this time I had become quite accustomed to seeing in the dark and could make out the wood held by the Germans. That also explained why it was impossible to gather in the wounded after night. The distance was so short it did not grow dark enough.

"All at once three shells, one after the other, fell rather near, and after an interval of a few minutes three more. These were 'little coal boxes,' making a hole in the ground about three feet in diameter and three feet deep. The second three seemed very near, and the lieutenant, sensing uneasiness among his men, stood upright beside the trench and said in an easy voice: 'They have not found us yet, have they?' He had hardly finished speaking when the one fell that did the damage. My hearing was already numbed by the sound of the others. I remember I was sitting in the bottom of the trench when it came. The man killed must have been standing up, as the piece struck him. It tore a hole through his left side, all but carrying his arm and shoulder away. None of the others was scratched. They were in the bottom with me."

KAISER THANKS CONQUEROR OF LIEGE

Emperor William thanking and congratulating General von Emmich for conquering Liege.

TRIBUTE TO PIONEER WOMEN

Monument at San Francisco Exposition Designed to Perpetuate Love of Motherhood.

San Francisco.—The women of the pioneer era will be exalted in the Pioneer Mother monument, the work of Charles Grafly, one of America's foremost sculptors, at the Panama-Pacific exposition. This monument, in bronze, is designed to perpetuate a spirit of love and veneration for the women who crossed the plains and, amid the hardships of pioneer life, faithfully played their part in the settlement and civilization of the west of America.

Pioneer Mother Monument.

In its design and execution, its freedom from conventionality and especially in its harmony with the theme portrayed, the monument is pronounced by ablest critics worthy of the sculptor, who, in his career of 20 years at home and abroad, has achieved many signal honors.

BRIGHT TOTS FROM ITALY

Interesting Children of the New Italian Ambassador Recently Arrived in Washington.

Washington.—Two interesting additions to the juvenile section of the diplomatic circle in Washington are Count Stephano and Countess Agnese di Cellore, the children of the new Italian ambassador to the United States. The little count is five years old and the countess is twelve.

Children of the Italian Ambassador.

DEAD DOG BROUGHT TO LIFE

Animal's Heart Stops After Loss of Blood, but Physicians Revive It.

Pullman, Wash.—To obtain dog serum for bacteriological purposes Drs. J. W. Kalkus and P. Dirstine of the State college veterinary faculty, obtained a yellow mongrel dog, weighing about fifteen pounds, and after anesthetizing the animal drew ten ounces of blood from the veins and arteries, leaving not more than two or three ounces in the system.

The dog's heart action stopped, his breathing ceased, and after a few gasps he ceased to live, apparently. The veterinarians for ten minutes busied themselves with the blood which they had been forced to obtain, presumably at the cost of an animal's life. Then, recalling the feat of Dr. Alexis Carrel, who brought to life a dog from which the blood had been taken, by injecting blood from another animal, together with a salt solution, they decided to make a similar experiment.

Missourian Slew His Tempter.

Corning, Mo.—W. E. Hudson of Corning shot and killed William Reeder of Sioux City, Ia., as the culmination of a series of quarrels and fights between the two, arising from the fact that Hudson refused to participate in a series of robberies planned by Reeder. At the inquest Hudson was exonerated, as it was shown the shooting was in self-defense.

SUITABLE FOR SUBURBAN USE

Ideal Small Cottage Houses May Be Built for Comparatively Small Sum.

MEAN COMFORT AND HEALTH

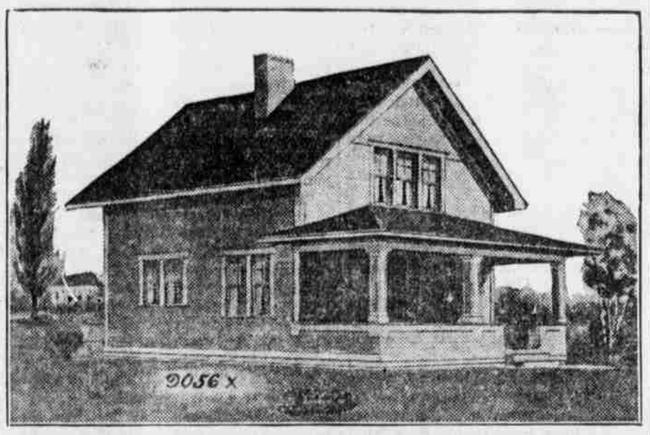
Getting Away From Cramped and Badly Ventilated Quarters Is Worth Much More Than the Money Expended in Building Homes.

By WILLIAM A. RADFORD.

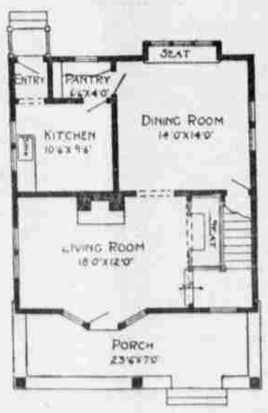
Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

The building of small cottage houses has lately assumed the dignity of an art. Adjacent to large cities are suburbs that may be reached by surface trolley roads; and in the vicinity of all the larger cities are outlying residence sections where steam roads make a specialty of carrying city workers back and forth at very low fares.

Usually the price of suburban lots range from $400 to $1,500, including sidewalk and sewer. There are lots for more money, and there are lots for less money than these figures stipulate; but they are not in active demand. You can't get something for nothing; and when the price is exorbitant, sales are few. Prices vary a great deal in different parts of the country. There are suburbs where $1,000 lots have all the civic improvements, including gas and pavement; while in other places you are lucky if you get a good-sized lot having sewer connection with the privilege of building your own roadways and sidewalks. But for those who are tired of living in cramped, badly ventilated quarters in the city, there is suburban relief if they are willing to put up with a few minor inconveniences in exchange for the greater comforts of pure air, bright sunshine, a lovely garden with beautiful flowers, and—which is better than all the rest—an opportunity to secure perfect health.



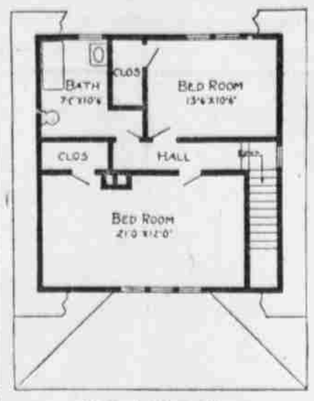
The little cottage represented was designed especially for newly married people who wish to commence life under the best social conditions open to them on a salary such as the ordinary clerk or office man receives. A little house like this may be built for such a small amount of money that any young man could build it and pay for it in a few years at about the same cost as rent. In the meantime he could improve the property by planting the lot to choice flowers and the best kinds of fruits, and probably sell it to advantage if he wants to do so.



First Floor Plan.

The house is 26 feet in width by 30 feet 6 inches in length, and has a large chimney with a fireplace in the living room. There is a very neat open stair going up out of the living room to the second floor, which is laid out to accommodate a family of two to four persons. This little two-story cottage is very attractive in appearance, both outside and inside, as it comprises some of the most valuable architectural effects, such as usually are intended to embellish larger and more pretentious houses. The projection from the dining room adds a great deal to the appearance, whether it is used for a seat or for a built-in sideboard. It is useful and looks well in either capacity. This little cottage is supposed to have a good cellar and a hot-air furnace for heating. It is so small that the grate in the living room and the range in the kitchen will keep it comfortable, except during the colder winter months, so that the coal bill will not be very heavy.

The living room is a fine, big, attractive room. It is worth very careful attention at the stairway end. There are possibilities of building a comfortable cozy nook under the turn of the stair, with a hood over it which will add greatly to its appearance as well as its comfort. A seat placed by the side of an open stair is drafty unless protected in some way. You don't want a door to shut off the draft, because you wouldn't like the looks of it, and because one great value of an open stair is the service it renders in the way of ventilation. There is always a current of air going up or down. The air goes up when the air in the living room is warmer than the air upstairs, and this may be taken advantage of to keep the air in the small house pure and wholesome.



Second Floor Plan.

MARTIAL AND MILITARY LAW

Regulations Are by No Means Identical, as London Magazine Has Pointed Out.

By an order in council Great Britain has been placed under a modified form of martial law, which, however, must not be confounded with military law.

Martial law may be defined, London Tit-Bits says, as that military rule or authority which exists in time of war, and is conferred by the laws of war, in relation to persons and things within the scope of active military operations, and which extinguishes or suspends, for the time being, civil rights so far as this may be necessary for the purpose of war. In other words, it is the application of military government to persons and property within its scope.

Military law, on the other hand, is a body of rules and ordinances prescribed for the government of the military state considered as a distinct community. The object of the recent order in council is to give the military authorities extensive powers over individuals and their property. Buildings may be destroyed, lands and roads may be occupied, inhabitants may be required to leave given areas as necessity dictates. People may not trespass on railways or loiter about bridges. It is an offense to publish information as to the movement of troops, while the spreading of reports calculated to cause disaffection or alarm may bring the offender into grave trouble.

Hotels in Buenos Aires.

The hotels in Buenos Aires are fairly good and very expensive. One of the cheapest rooms I saw in the Plaza hotel was seven dollars a day European style. There are good Spanish hotels with rooms from two dollars a day upward. The Plaza is, perhaps, the most cosmopolitan of all the hostelries of the city. The meals are a little higher than in the big hotels of New York city. But there are numerous small restaurants where good refreshments may be had at reasonable prices. As an example of the charges in the big hotels of Buenos Aires, I may quote a story told me by an Argentine official. He said that some years ago a commission of European ambassadors was entertained by the Argentine government at the Bristol hotel on the Avenida de Mayo, and that the bill for soap and perfumery was $15,000 a week. Nobody seemed to complain, and apparently everybody was satisfied. Luxuries seem to be necessities to the Argentines, for I was told that the tariff on champagne is only 2 per cent, while that on a plow is 50 per cent.—National Magazine.

Lived With Eight Bullets in Him.

Reports indicate that it sometimes takes a lot to kill a modern soldier. Sergeant Fougere of France received eight bullet wounds, a broken arm and other injuries, and although shot in the calf, thigh and ankle, escaped being captured by Germans, and limped ten miles to his regiment. Another French soldier received six bullet and three bayonet wounds, and is recovering. The French war office estimates only two men are killed out of every 100 hit. The penetration is so clean one soldier did not know he had been hit for three hours, and another bullet went clean through two soldiers and lodged in a cavalryman's saddle.

The Trouser-Like Fit.

"The women are appropriating our privileges," said Hobson, sourly. "I hope they'll find attached some of our troubles."

"They will," Jimson assured him. "My wife was complaining today that her skirt was getting baggy at the knees."—Puck.

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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VITAMINE FOODS.

The fundamental difference between plants and animals is in their methods of feeding. Plants are essentially constructive and work up for themselves the simplest inorganic elements into food. Animals, on the other hand, are essentially destructive and can make use of these same elements only by destroying the combinations arranged by the plants and recombining and excreting them in such forms as are absolutely useless for animal food until they are once more worked up by the plants. All the carbohydrates, the starches and sugars, all the nitrogen compounds and the proteins, are ultimately provided for the whole animal world by the plant world. Obviously, we have here a cycle analogous to cycles to be found everywhere throughout nature, from which we may—but seemingly will not—learn. In this cycle the animal is found to be parasitic, and man is about the most hopelessly parasitic of all, because his sublime egotism blinds him to the fact that he is but a single link in an incomprehensible chain of universal life.

In our ignorance we have presumed to interfere with nature's plans, with dire results, and only very recently have we generally begun to suspect that the key to the solution of our serious ills, both physical and social, and covering disease, poverty and crime, is to be found in a comprehension of the subject of nutrition. Very obviously, then, the study of nutrition is worth while and must begin at the foundation, with the breathing and drinking of plants and their reactions to light, heat and gravitation.

Eykeman in 1892 called attention to a peculiar relationship between beriberi and polished rice, and he followed it up from time to time for some fourteen years. Gryns joined in the quest in 1910, and in 1911 Fraser and Stanton quite definitely proved that the corticle layer of rice contains a substance which cures beri-beri in man and the polyneuritis that is produced in birds by feeding them on polished rice. Then Casimir Funk in 1911 isolated from the material ground from the surface of rice in polishing it a definite crystalline body with which he cured polyneuritis induced in pigeons by feeding them on ordinary polished rice.

Funk named this substance "vitamine," because it constitutes a substance in foods indispensable to life. The vitamines are contained in the hard, colored shell that is ground off rice to produce a nice white product, and it is in the hard protective coat of the wheat berry which constitutes about 16 per cent of the grain. The bran of the milling process, as removed by the steel rolls, includes the aleurone layer, together with the pericarp, the testa and the germ; these are starchless but rich in fats and mineals, and besides they contain the newly discovered vitamines.

The vitamines are nitrogenous bodies of highly complex structure and no diet is complete without them.

Vitamines are found in plants, and especially in their seeds. So far as is known at present, animals are incapable of making them and obtain them only by feeding on plants. Vitamines occur in meat, fresh milk and in the yolks of eggs. They are found in whole grains, potatoes, carrots, beans, peas, lentils and the like; also in lime and in other fresh fruit juices.

Wherever any cereal robbed of its colored aleurone or vitamine layer forms the chief food of a people, there a deficiency disease appears. The chief increase of beri-beri, caused by eating polished rice and resulting in thousands of deaths annually in Japan and other countries, coincides with the replacement of the primitive stone grinding by the modern steel roller process. The stone mills ground the entire grain; the modern rolls enable the miller to reject from the flour practically everything but the starch.

A diet largely composed of sterilized milk, condensed milk, corn flours, starch and sugar, or of any foods subjected for a long period to temperatures above 250 degrees, may be considered vitamineless diet, and, as such, will predispose to tuberculosis and the deficiency diseases.

White flours, corn flours and polished rice are deficient foods, because the vitamines have been removed in the milling process. But in the face of all the proof we still have amateur and political "experts," some of them in high places, who persist in stating that white flour and polished rice are safe and healthful foods. White flours and polished rice are pure foods, but they are not wholesome foods, because they are not complete.

WHAT THE VITAMINES TEACH US.

"We have done much to drive down the death rate in the way of bettering sanitation and such things, but in spite of all this our death rate for persons over forty is increasing," writes Dr. Charles F. Bolduan, director of the New York health department's bureau of public health. And attention is called to the fact that overindulgence in proteins (meats, eggs, fish and the like) is a big factor in this increase in the death rate of persons over forty years of age.

Such statements are frequently seized with avidity by persons of more than average intelligence and passed from individual to individual, slightly embellished with each repetition, until they may become strong indorsements of one or more of the many so-called diet systems that every so often sweep over the country leaving a trail of invalids in their wake. It must be remembered that any marked change in diet or in cooking is certain to produce some result, and change itself is often a benefit; but a diet which admirably suits one person who lives in a certain location and does a certain kind of work may not be adapted to another individual living under different conditions and doing a different kind of work. The truth of the matter is that man's chances of health are best when he eats with moderation a diet made up of clean, wholesome, ordinary foods, well prepared in the usual ways. Such a diet should include some articles to be cooked and others to be eaten raw, such as bread, cereals, fruits, vegetables, meat, fish, milk, butter, cheese and eggs. All these articles should be of good quality and free from all dirt, either visible or invisible, should contain no adulterations.

Apart from overeating of proteins probably the greater part of our troubles comes from the loss of important elements from our foods in preparing or preserving them. These losses have been due to the fact that either we do not know the elements are present or we assume the very minute quantities to be of no consequence. We are only just beginning to grasp the real truth through a study of the enzymes, the catalyzers, the vitamines, the hormones and the action of the ductless glands in the body.

This world is adjusted to operate under the driving power of full sunlight. We have noted that Indian corn, for example, grew within a certain period to 25 inches under white glass and in the same period of time only 18 inches under red glass, eight inches under green glass and six inches under blue glass. The several glasses used in these experiments checked and held back part of the sun energy, as can easily be demonstrated by holding a sheet of white and of colored glass in the hand out in sunlight—the colored glass will become sensibly warmer than the white glass. It is very evident that abstracting from white light a part of the waves produces material changes in plant life. We know that plants cannot thrive and grow without light, and that it is only in the light, with a supply of the atmospheric gases and of water, and with the green chlorophyl bodies in a healthy condition, that the manufacture of food can go on. We also know as the result of simple experiments that certain solutions of mineral matter must be present to enable the plant to manufacture food. Seedlings can be grown in glass jars, some in distilled water which is devoid of any minerals, others in distilled water with one or two or all of the necessary salts in solution, in order to prove the general facts of nutrition and draw very close analogies between life in that plane and life on our own plane.

Let us consider what is perhaps the most fatal disease that can overtake a plant—chlorosis, or the lack of coloring matter. This disease in all its essentials is very similar in anemia in the human being. Chlorosis is an obscure disease, but in most cases it appears to be caused by a lack of iron. Without iron the human blood is not red nor are plant granules green. Generally the seedlings attacked by the disease die out very early, but sometimes sickly whitish leaved specimens struggle along for a little while. The disease is often local and in compound leaves one leaflet here and there may be entirely colorless. It is this type that gives us the gardeners' "variegated" varieties where the leaves are mottled or striped with cream colored patches and bands. The green parts there do enough work to carry on the life of the individual while the colorless parts are nonproducers. If this is not carried too far the plants can be quite healthy, but if the attempt is made to breed an entirely white race it will die of malnutrition.

Annual Gathering of Gaels.

The Oireachtas, the great annual gathering of Gaels, this year took place in the lovely town on the bank of Loch Lein. Killarney, besides being one of the most beautiful places in Ireland, is situated in proximity to one of the most Irish-speaking districts in the country. The Irish speakers form a large proportion of the population of South Kerry, and the "kingdom" has produced a number of the best known writers, and of the most enthusiastic workers in the language movement.—London Mail.

The Sleeper.

"European sleeping cars are very dear—$20 a berth, in fact—but they afford you the privacy of a bedroom."

The speaker was Raymond Hitchcock. He resumed:

"Our sleeping cars, while comfortable enough, afford no privacy. Comfortable as they are, it is very hard to sleep in them.

"I was traveling one night Chicagoward. The berth above me was occupied by a 300-pound broker. It was impossible to slumber anywhere within a half-mile radius of that broker, and at about two in the morning I climbed up to him, took him by the shoulders and shook him rudely.

"'What do you mean,' he growled, 'by waking me out of a sound sleep?'

"'But it's such an ugly sound,' said I. 'It's such an ugly, horrible sound that we other passengers positively refuse to tolerate it.'"—Washington Star.

Egypt's Worthy Ruler.

Egypt would have lost a most capable ruler had not the attack on the khedive happily failed. Abbas II is only forty, though he has reigned two-and-twenty years. He is an accomplished linguist, conversing fluently in all the principal European tongues, is strict in his attention to every duty of his office, eschews both alcohol and tobacco, and, though a Mohammedan, is, like his father, a monogamist—the khediva being a beautiful Circassian. Agriculture is the khedive's hobby, and his special pride are the model farm round the Koubeh palace and the fine stock of his stables and kennels.